TOPCOM®

HB 4M00

USER GUIDE

V 1.0

CE

UK The CE symbol indicates that the unit complies with the essential requirements of the directive 89/336/EEC.

UK The features described in this manual are published with reservation to modifications.

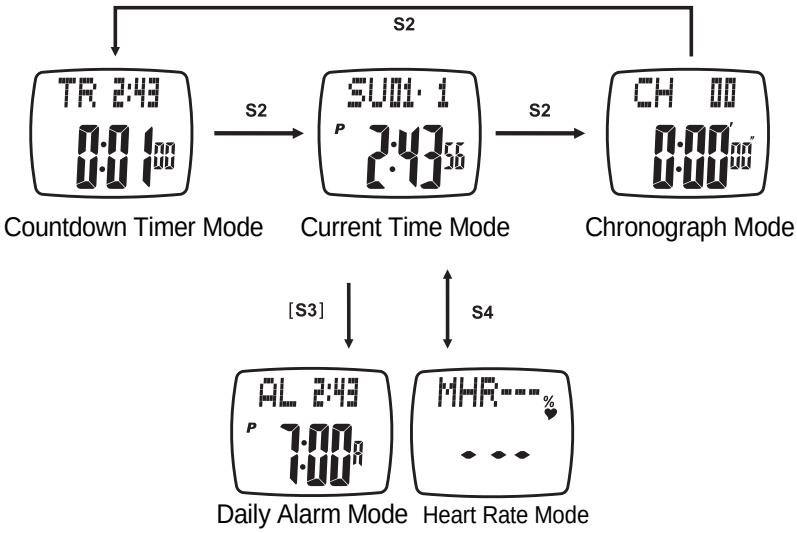
This product is in compliance with the essential requirements and other relevant provisions of the R&TTE directive 89/336/EEC.
The Declaration of conformity can be found on :

http://www.topcom.be/cedeclarations.asp

1 INTRODUCTION

Congratulations on your purchase of the HB 4M00. We hope that you will enjoy using the Heart Meter and the benefits it offers. In exercise or sports, your heart naturally speeds up in pumping blood to the body in accordance with the increased energy level. The Heart Meter can calculate this increase expressed as the number of beats per minute (bpm) to determine a target heart rate safe for each individual. The HB 4M00 watch supports 5 user modes:

1. Current time mode
2. Alarm mode
3. Chronograph mode
4. Countdown timer mode
5. Heart rate mode



More information about the target heart rate zone, maximum heart rate etc... can be found on:
www.topcom.net/sports/heartbeat.asp

2 SAFETY NOTES

Using a Heart Monitor is NOT a substitute for professional medical attention. If you suffer from heart disorder, illness or have recently taken up fitness training, it is advisable that you seek a doctor or talk to your trainer and work out a fitness plan that suits you.

The watch should only be used as a guide in maintaining a safe heart beat rate for exercises. It should NOT be relied upon as a medical heart rate monitor. If you are uncertain about how your exercise program will impact on your heart, please consult a physician.

3 CARE AND MAINTENANCE

DO NOT expose the watch to extreme weather conditions or cleaning agents and solvents. Avoid dropping or rough handling of the watch. Avoid fastening the strap too tightly. Clean the watch with a dry soft cloth or a soft cloth moistened with water and mild detergent. Store the watch in a dry place when not in use.

4 CHANGING THE BATTERY

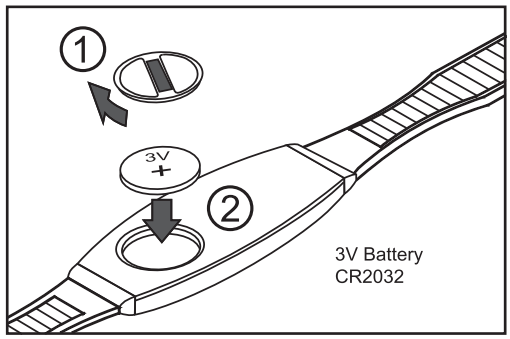
If you are not confident with electronics, let the battery be changed by a professional. Do not open the watch yourself.

4.1 WATCH

- Remove the back cover of the watch with a small screwdriver.
- Remove the old battery.
- Install the new 3V (CR2032) battery with the positive (+) pole facing up and replace the cover.

4.2 CHEST BELT

- Remove the battery cover from the bottom of the belt using a small coin.
- Remove the old battery.
- Install the new 3V (CR2032) battery with the positive (+) pole facing the battery cover and replace the cover.



5 BUTTONS

The buttons are mentioned in the manual as follows:

- S1 = Press S1 once
- [S1] = Press & hold S1
- S2 = Press S2 once
- [S2] = Press & hold S2
- S3 = Press S3 once
- [S3] = Press & hold S3
- S4 = Press S4 once
- [S4] = Press & hold S4

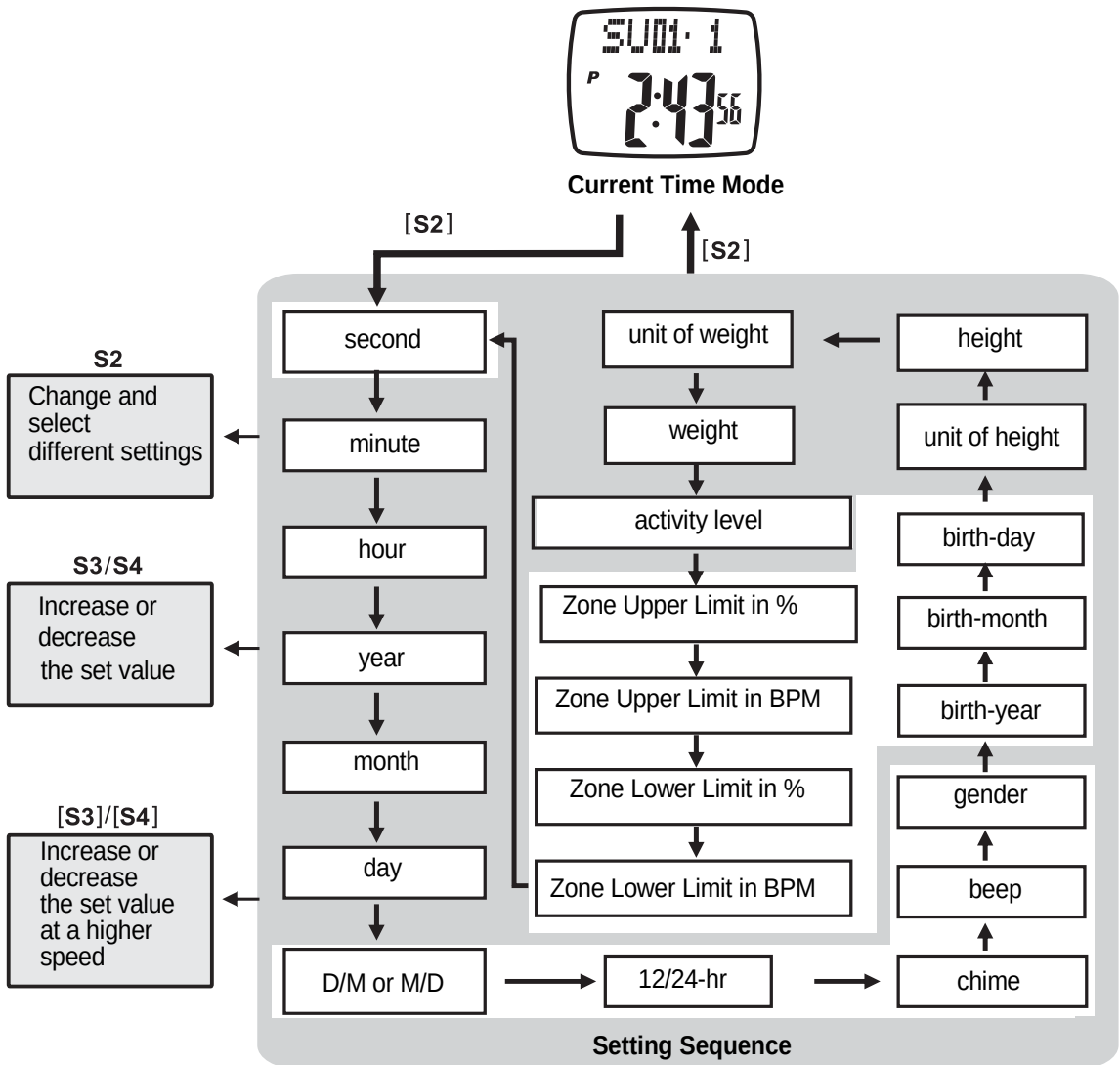
5.1 MASTER RESET

Press and hold S1, S2, S3 and S4 simultaneously to reset the watch.
!!! All set information will be lost, also the time.

5.2 BACK LIGHT

Press S1 briefly to active the back light of the display for 3 seconds.

6 SETTING TIME/DATE, BEEP ON/OFF AND BIRTHDAY



In normal time mode (time on display):

- [S2]: Seconds will blink.
- S3 or S4: Set seconds to zero.
- S2: Confirm. Minutes will blink.

- S3 or S4: Adjust minutes up or down. [S3] or [S4]: Adjust minutes quickly.
- S2: Confirm. Hour will blink.

- S3 or S4: Adjust hour up or down. [S3] or [S4]: Adjust hour quickly.
- S2: Confirm.

- S3 or S4: Adjust year up or down.
  [S3] or [S4]: Adjust year quickly.
- S2: Confirm

- S3 or S4: Adjust month up or down. [S3] or [S4]: Adjust month quickly.
- S2: Confirm.

- S3 or S4: Adjust day up or down.
  [S3] or [S4]: Adjust day quickly.
- S2: Confirm.

- S3 or S4: To set the month format in Month-Day or Day-Month.
- S2: Confirm.

- S3 or S4: To set the time format in 12HR or 24 HR.
- S2: Confirm.

- S3 or S4: To set Chime on (ON) or off (OF).
- S2: Confirm.

- S3 or S4: To set beep on (ON) or off (OF).
- S2: Confirm.

- S3 or S4: To set gender (M or F).
- S2: Confirm.

- S3 or S4: Adjust birth year up or down. [S3] or [S4]: Adjust year quickly.
- S2: Confirm

- S3 or S4: Adjust birth month up or down. [S3] or [S4]: Adjust month quickly.
- S2: Confirm

- S3 or S4: Adjust birthday up or down. [S3] or [S4]: Adjust day quickly.
- S2: Confirm

- S3 or S4: To set unit of height to feet (ft) or centimeters (cm).
- S2: Confirm.

- S3 or S4: Adjust height up or down. [S3] or [S4]: Adjust height quickly.
- S2: Confirm.

- S3 or S4: To set unit of weight to pound (lb) or kilogram (kg).
- S2: Confirm.

- S3 or S4: Adjust weight up or down. [S3] or [S4]: Adjust weight quickly.
- S2: Confirm.

- S3 or S4: Adjust activity level between 1-3 (Zone 1-3). (See also “10.7 Heart rate with exercise timer”)
- S2: Confirm.

- S3 or S4: Adjust the user defined Alert zone (Z4) upper level in %. [S3] or [S4]: Adjust level quickly.
- S2: Confirm.

- S3 or S4: Adjust the user defined Alert zone (Z4) upper level in BPM. [S3] or [S4]: Adjust level quickly.
- S2: Confirm.
- S3 or S4: Adjust the user defined Alert zone (Z4) lower level in %. [S3] or [S4]: Adjust level quickly.
- S2: Confirm.

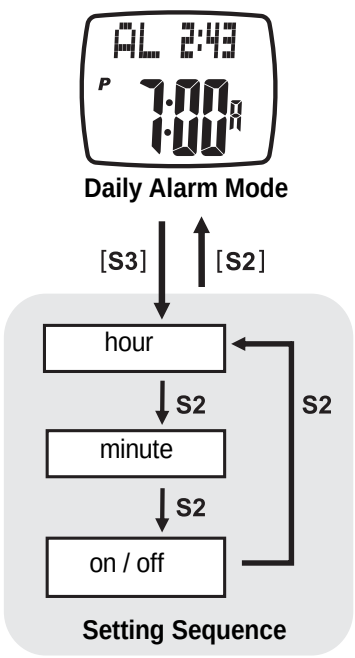
- S3 or S4: Adjust the user defined Alert zone (Z4) lower level in BPM. [S3] or [S4]: Adjust level quickly.
- S2: Confirm.

- [S2]: To leave the setting.

Normal time mode will be displayed when NO key is pressed for 1 minute.

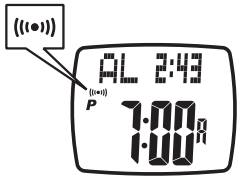
7 SETTING ALARM TIME AND HOURLY CHIME

7.1 SETTING



In normal time mode (time on display):

- [S3]: Hour will blink.
- S3 or S4: Adjust hour up or down. [S3] or [S4]: Adjust hour quickly.
- S2: Confirm. Minutes will blink.
- S3 or S4: Adjust minutes up or down. [S3] or [S4]: Adjust minutes quickly.
- S2: Confirm.
- S3 or S4: Adjust alarm On or Off.
- [S2]: To confirm the setting of the alarm time .

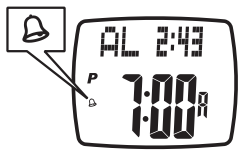
Alarm on 

Alarm off

- To see the current alarm time, press S3 in normal time mode
- When the alarm is ON, the watch sounds at the alarm time.
- When the alarm rings, press any button except S1 to stop the alarm.

7.2 HOURLY CHIME

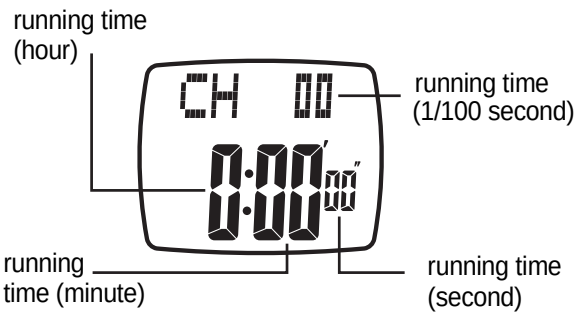
The hourly chime mode can be set in the Time/date setting (See “Setting time/date, BEEP ON/OFF and birthday” on page 5.

Chime on 

Chime off

8 CHRONOGRAPH MODE

The chronograph counts up to 99 hours, 59 minutes and 59 seconds.



Chronograph Mode
All Zero (First Hour)

In normal time mode:

- S2: To go to chronograph mode
- S3: Start/stop chrono.
- S4: To save the time when chrono is running (Lap time). The chrono display is frozen, it will resume back after 10s.
- [S4] Reset the chrono (Only when chrono is stopped) and erase all LAP times.

8.1 LAP MEMORY

You can review the lap record no matter chrono is running or not:

- [S2]: to enter the chrono lap records.
- S3 or S4: to scroll between the LAP times (1-10).
- [S2]: to return back to normal chrono mode.

9 COUNTDOWN MODE

The maximum counting down time is 23 hours, 59 and minutes 59 seconds. The initial setting of the timer is 1 minute.
During the last 5 seconds the watch will beep once per second, and 10 seconds when it reach zero.
When the timer is counted to zero, it will automatically reload the preset value.

To set the countdown time:

- 2 x S2: To toggle to countdown mode.
- [S2]: Hours will blink.
- S3 or S4: Adjust hour up or down.
- [S3] or [S4]: Adjust hour quickly.
- S2: Confirm. Minutes will blink.

- S3 or S4: Adjust minutes up or down.
- [S3] or [S4]: Adjust minutes quickly.
- S2: Confirm. Seconds will blink.

- S3 or S4: Adjust seconds up or down.
- [S3] or [S4]: Adjust seconds quickly.

- [S2]: To confirm the count down time.

To start the count down:

- S3: Start the counting.
- S3: Stop / Pause the counting. [S4] to reset the counting timer (when it's stopped or paused).

10 HEARTBEAT MEASUREMENT

10.1 PRECAUTIONS

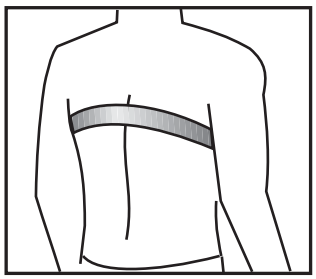
- Avoid fastening the strap too tight.
- Do not bend or fold the chest belt for preventing damage.
- Wetting the skin, where there is contact with the conductive area of the chest belt will improve the conduction and get a more stable signal.
- The physical condition of an individual might effect the intensity of measured signal.
- Avoid using the heart rate monitor close to a trolley car, a tram stop, transformer, electric substation and high-tension distribution lines etc. The radio signal will be affected under influence of the environment from high voltage and strong electromagnetic fields.

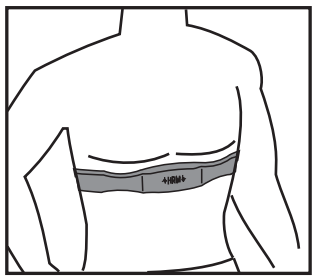
10.2 USING THE TRANSMITTER BELT.

Fasten the fastener at one end. Try the chest belt on your chest and loosen the stretch band if necessary.

Adjust the length of the stretch band until it feels conformable. The stretch band must cling to the chest. Fasten the fastener at the other end. Adjust the sensor to the center of your chest and be sure the backside of the

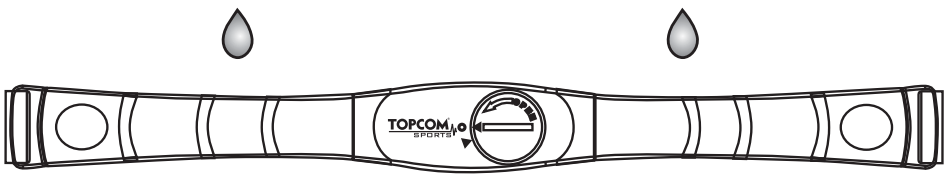
sensor clings to your chest and touches the skin.





The chest belt has to be worn while using the heart rate function.

Moisten the chess belt conductive pads with saliva of ECG-gel (available at you local pharmacy) in order to ensure good contact with the skin at all time.



10.3 EXERCISE ZONES

Exercise zones are established by setting the Upper and Lower Heart Rate Limits. These limits constitute a certain percentage of your Maximum Heart Rate (MHR).
The following formula will help you to make an educated guess:

MHR = 220 - (Your age)

Use the following Heart Rate Zone Chart to select the zone you wish to exercise in. **You should consult a medical professional when selecting a training zone, especially if you have a heart condition.**

	lower limit		upper limit
Z1 :	65 %	-	90%
Z2 :	65%	-	85%
Z3 :	65%	-	80%

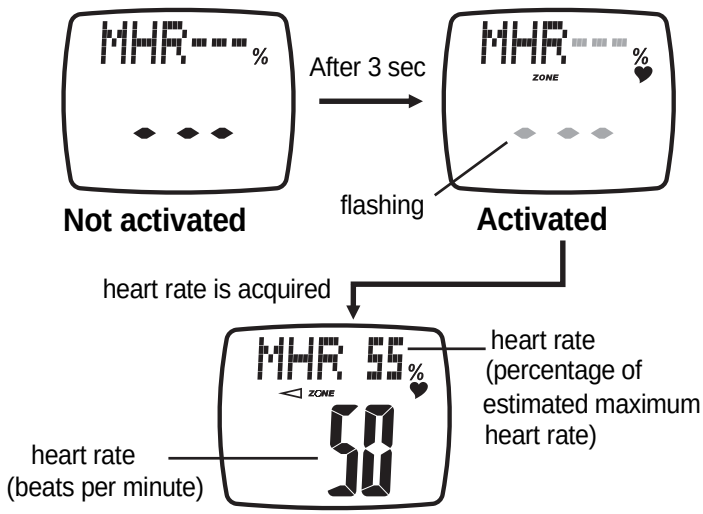
pre-defines zone region

Z4 : default (65% - 75%)
user-defined zone region

There are 4 Heart rate alert zones, Zone 1 -4:

- Zone 1- 3 are predefined as shown in the table above:
  Zone 1= Performance
  Zone 2 = Fitness
  Zone 3 = health
- Zone 4 can be user defined. See “Setting time/date, BEEP ON/OFF and birthday” on page 5.

10.4 HEART RATE MEASUREMENT



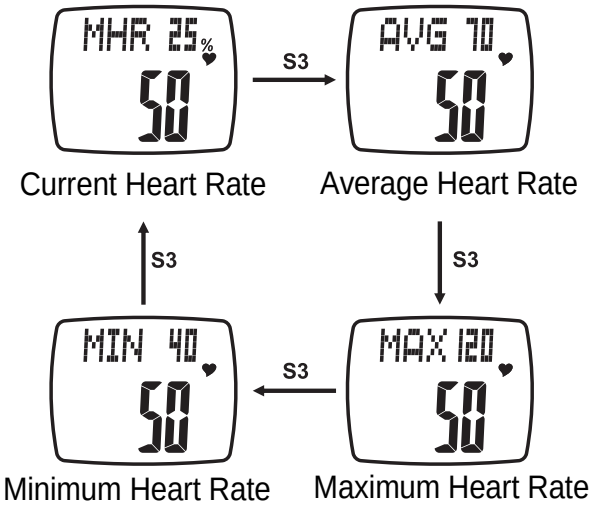
Heart Rate Mode

In time mode:

- S4: To go to Heart rate mode.
- S3: To activate the heart rate measurement
- When heart rate is received from the belt the following will be showed:
  - the heart rate in beats per minutes
  - Percentage of estimated maximum heart rate MHR% (= current HR/ MHR*100%)

After 5 minutes if no heart rate is received the watch will return to Idle mode.

10.5 AVERAGE, MAXIMUM AND MINIMUM READING



In heart rate measurement:

- S3: to toggle from MHR% to Average (AVG), Maximum (MAX) and Minimum (MIN).
- [S4]: to reset the current reading.

10.6 SETTING AND USING THE HEART RATE ZONE FUNCTION

Select the heart rate zone and setting the Zone + MHR Alarm

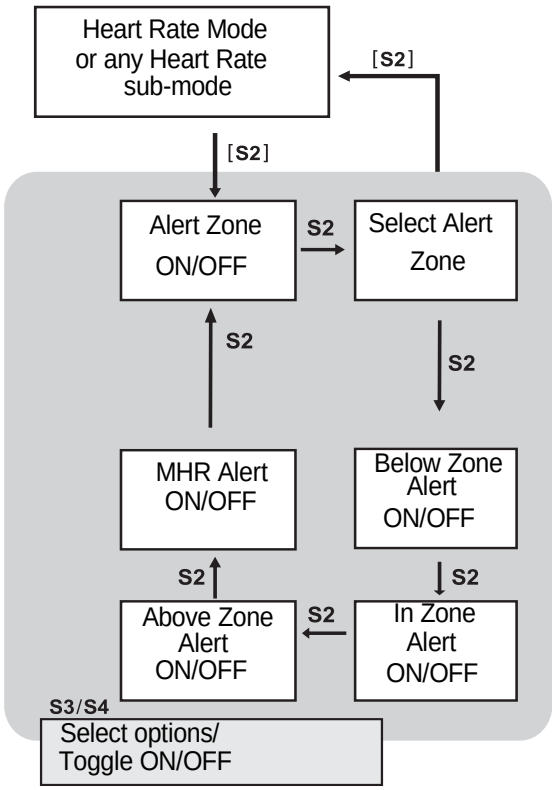
The heart rate alert zone can be set by one of the following principles:

◁ ZONE Under Zone

ZONE In Zone

ZONE ▷ Above Zone

MHR alarm



In heart rate or heart rate sub-mode:
press [S2]
S3 or S4: to set the zone alarm On/Off
S2: to confirm

If you select ON:
S4 or S4: to select Zone 1-4
S2: to confirm

S4 or S4: to select Under Zone alarm On/Off
S2: to confirm

S4 or S4: to select In Zone alarm On/Off
S2: to confirm

S4 or S4: to select Above Zone alarm On/Off
S2: to confirm

S4 or S4: to select MHR In Zone alarm On/Off
S2: to confirm

[S2]: to confirm

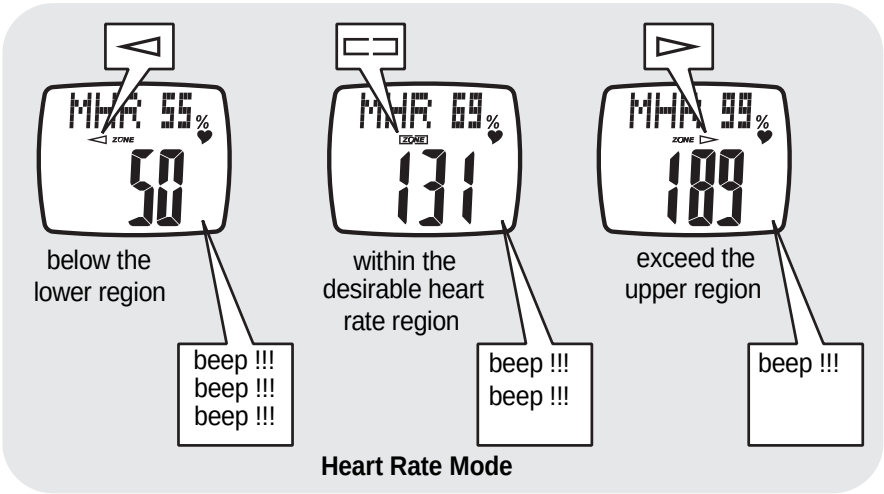
Using the heart rate zone/MHR alarm

If the heart rate zone alarm is On, the ‘Zone’ icon will be shown on the display.
When you are above or below the zone limit:

- An arrow left/right from the ‘Zone’ icon will indicate if you are under or exceed the zone limit.
- The watch will beep twice every 15 seconds as a warning (depending how you have set the alarm to be See “Setting and Using the heart rate zone function” on page 13.)
- The display will blink

When you are in the zone:

- The blinking will stop



Heart Rate Mode

- The watch will beep twice every 15 seconds if you have set the In Zone alarm ON (See “10.6 Setting and Using the heart rate zone function”)
- The ‘Zone’ icon will be shown with a square

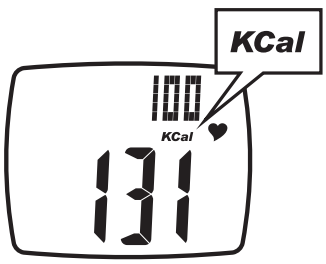
When you are above the MHR:

- The watch will beep 4x every 10 seconds if you have set the MHR alarm ON (See “10.6 Setting and Using the heart rate zone function”)

10.7 HEART RATE WITH EXERCISE TIMER

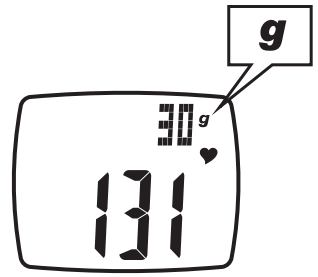
During heart rate measurement press S2 to go to exercise time. The exercise time automatically starts when valid HR is measured. When no HR is measured during 10 seconds, the timer will stop and flash.
When the HR measurement is started again after it has been stopped, the timer will start again from the last reading.

- Press S2 again to see the calorie burnt estimation (KCal).
- [S4]:To reset the calorie counter.



Calorie Burnt Estimation Mode

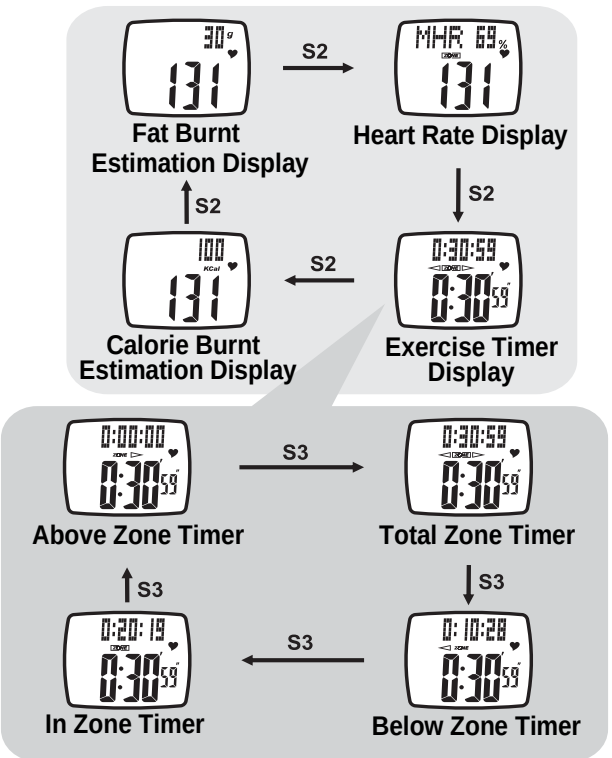
- Press S2 again to see the Fat burnt estimation.
- [S4]:To reset the calorie counter.



Fat Burnt Estimation Mode

By getting the exercise time, heart rating and activity level (See “6 Setting time/date, BEEP ON/OFF and birthday”), this watch can estimate the fat burnt. Set the appropriate activity level (1 = almost no exercise, 2 = frequently and 3 = intense.

- When exercise time is showed, press S3 to select between 4 different times:



- Total Zone time: sum of below (In and out Zone time)
- Below Zone time: total time of heart rate measurement below the min. zone setting.
- Above Zone time: total time of heart rate measurement above the max. zone setting.
- In Zone time: total time of heart rate measurement in the zone region setting.

How to Reset the exercise time and zone time:

- Press S4 2 seconds to reset the zone time.
- Press S4 4 seconds to reset the exercise time.

11 SPECIFICATIONS

Current Time Mode

- Hour, minute and second
- Month, day, day of week and year
- 12 / 24 hour format selectable
- Month-day/Day-month selectable
- Auto calendar from year 2000 to 2055
- Birthday range from year 1900 to 2099
- Automatic age calculation from birthday for estimated maximum heart rate calculation
- Hourly Chime on the hours
- Key tone ON/OFF

Heart Rate Mode

- Measuring range: 30 to 240 bpm
- 3 Pre-defined Heart Rate Zone Setting
- 1 User-defined Heart Rate Zone Setting
- Average, Minimum and Maximum Heart Rate records
- Selectable Heart Rate Zone Alert (Upper and lower limit)
- Over maximum Heart Rate hazard warning alarm

Daily Alarm Mode

- Daily Alarm: 1 daily alarm
- Alarm Duration: about 30 seconds

Chronograph Mode

- Resolution: 1/100 second
- Counting range: 99 hours, 59 minutes, 59.99 seconds

Countdown Timer Mode

- Resoluton: 1 second
- Setting limit: 23 hours, 59 minutes, 59 seconds
- Timer sound: beep every 1 second at last 10 seconds and beep for 2 seconds when count to zero

Heart Rate Exercise Timer

- Resolution: 1 second
- Counting range: 99 hours, 59 minutes, 59 seconds
- Total Zone time, Below, In, and above Zone time

Calorie Burnt mode

- Calorie Burnt estimation
- Up to 99999Kcal

Fat Burnt mode

- Fat Burnt estimation
- Up to 99999g

Others

- Electro-luminescent backlight

12 TOPCOM WARRANTY

12.1 WARRANTY PERIOD

The Topcom units have a 24-month warranty period. The warranty period starts on the day the new unit is purchased. There is no warranty on standard or rechargeable batteries (AA/AAA type).
Consumables or defects causing a negligible effect on operation or value of the equipment are not covered. The warranty has to be proven by presentation of the original or copy of the purchase receipt, on which the date of purchase and the unit-model are indicated.

12.2 WARRANTY HANDLING

A faulty unit needs to be returned to a Topcom service centre including a valid purchase note and a filled in service card.
If the unit develops a fault during the warranty period, Topcom or its officially appointed service center will repair any defects caused by material or manufacturing faults free of charge, by either repairing or exchanging the faulty units or parts of the faulty units. In case of replacement, colour and model can be different from the original purchased unit.
The initial purchase date shall determine the start of the warranty period. The warranty period is not extended if the unit is exchanged or repaired by Topcom or its appointed service centre.

12.3 WARRANTY EXCLUSIONS

Damage or defects caused by incorrect treatment or operation and damage resulting from use of non-original parts or accessories are not covered by the warranty. The warranty does not cover damage caused by outside factors, such as lightning, water and fire, nor any damage caused during transportation. No warranty can be claimed if the serial number on the units has been changed, removed or rendered illegible. Any warranty claims will be invalid if the unit has been repaired, altered or modified by the buyer.

SERVICE RETURN CARD - RÜCKSENDEKARTE - CARTE DE RETOUR SERVICE - RETOURFICHE

RETURN WITH YOUR DEFECT PRODUCT

Name/Vorname/Prénom/Naam:

Surname/Familienname/Nom/Familienaam:

Street/Straße/Rue/Straat:

Nr./N°: Box/Postfach/Boîte/Postbus:

Location/Ort./Lieu/Plaats: Post code/Postleitzahl/Code Postal/Postcode:

Country/Land/Pays/Land:

Tel./Tél.:

E-mail:

Model name/Modellbezeichnung/Nom du modèle/Modelnaam:

Serial Nr/Seriennummer/N° série/Serienummer:

Purchase date/Kaufdatum/Date d'achat/Aankoopdatum:

– – (DD/MM/YYYY) - (TT/MM/JJJJ)

Fault description/Beschreibung des Defekts/Description de la panne/Beschrijving defect:

(Original Proof of Purchase has to be attached to this return card to be valid for warranty)

Model name/Modellbezeichnung/Nom du modèle/Modelnaam:

Serial Nr/Seriennummer/N° série/Serienummer:

Purchase date/Kaufdatum/Date d'achat/Aankoopdatum:

– – (DD/MM/YYYY) - (TT/MM/JJJJ)

Fault description/Beschreibung des Defekts/Description de la panne/Beschrijving defect:

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